

**ABSTRACT**

According to one embodiment of the invention, a sports racket includes a racket frame comprising a head portion, handle portion and a throat portion joining the head portion to the handle portion. The racket frame also comprises a self-powered piezoelectric damping system for damping vibrations of the racket during play. The self-powered piezoelectric damping system comprises at least one transducer laminated to the racket and at least one circuit located within the racket handle portion and electrically connected to the at least one transducer.

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